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The Courier, College of DuPage

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Patricia Morgan of the Student-Parent Co-Op has her hands and her lap full as she shares a story with three young friends during a quiet moment. The Co-Op provides supervision, care and instruction for children ages three to five whose parents attend classes at CD. Story and page of pictures on page 3.

—Photo by Maureen Murrin

After 2 years' study — New Religious Studies open winter quarter

By Craig Gustafson

For the first time in an Illinois community college, College of DuPage will offer courses in religious studies this winter quarter.

Recently approved by the Illinois Community College Board from proposals submitted by CD, a program of courses will include Introduction to Religion (RS 100), Introduction to the Hebrew Bible (RS 101), Introduction to the New Testament (RS 102), Comparative Religion (RS 250), and Selected Topics in Religious Studies (RS 290).

In discussing the program, Robert Warburton, dean of Delta College, stated that the program is the result of two years of study and preparation in determining whether a Religious Studies program would be serving the community needs. The answer was yes, as indicated by the popularity of such philosophy courses as World Religion and English courses such as The Bible as Literature.

A survey indicated that most state and private colleges already have Religious Studies courses, as do many community colleges outside of Illinois.

Also, as Dean Warburton says, "We live with religion in one way or another every day, so why shouldn't we provide the community with the opportunity to learn about religions?"

What can the RS credits be used for?

"They are transferable across the country," says Dean Warburton. "Or, if you are not planning on transferring, the courses can be taken, as can all courses, because of curiosity and interest in the subject."

What about the legalities of the separation of church and state?

C. F. Sleeper and R. A. Spivey, in their "The Study of Religion in Two-Year Colleges" (1975), point out, "There is no legal objection to the academic study of religion in public education." Two majority opinions by Justice Brennan and Justice Clark in the Abington v. Schempp case in 1963 illustrated the point:

"What the framers meant to foreclose,

and what our decisions under the Establishment Clause have forbidden, are those involvements of religious and secular institutions which (a) serve the essentially religious activities of religious institutions; (b) employ the organs of government for essentially religious purposes; or (c) use essentially religious means to serve governmental ends, where secular means would suffice."

"In addition, it might well be said that one's education is not complete without a study of comparative religion or the history of religion and its relationship to the advancement of civilization. It certainly may be said that the Bible is worthy of study for its literary or historic qualities. Nothing we have said here indicates that such study of the Bible or of religion, when presented objectively as part of a secular program of education, may not be consistent with the First Amendment."

"We can't and won't allow the practice of religion in the class room," says Dean Warburton. "These courses are for the objective academic study of religion, individually and comparatively."

Even so, have there been any strong objections to the program?

"No," Dean Warburton states. "None. We haven't had any difficulty all along the way, and we don't anticipate any in the future."

What does the faculty think of it?

"Several of the faculty members did wonder about the reaction, but none of them questioned the validity of the program. Some of them thought that the Religious Studies courses should be incorporated in other areas, like Philosophy, but that really wouldn't have served any useful purpose."

During this winter quarter, Introduction to Religion (RS 100) will be offered during the evening, and Introduction to the Hebrew Bible (RS101) will be offered during the day.

For further information on the Religious Studies program, contact Dean Warburton in A1028, or call 828-2800, Ext. 2425.

Musicians sought for symphony

By Ben Eaton

This fall College of DuPage adds "The New Philharmonic Orchestra" to its program.

The director, Dr. Harold Bauer, who joins the faculty, is a graduate of Northwestern University. He hopes to offer a wide scope of musical experiences to both his afternoon and evening orchestras. He received his Ph.D. in music theory and composition.

As a conductor, Dr. Bauer tries to avoid favoritism of any musical material. It is his goal as a musician to allow the student to attain a diverse relationship to the music. Therefore the student, as a individual, and through involvement in a familiar and unfamiliar taste of appreciation, achieves his own "meaningful experience."

Dr. Bauer has been musical director of the orchestras in Lake Forest, Quincy and Peoria and the Erie Philharmonic in Pennsylvania. He has also guest conducted many orchestras throughout North America and in Europe.

Dr. Bauer says the effort put forth by the college to obtain "The New Philharmonic" is a shining example of the college's worth.

He hopes that many students will participate in this new program. However, admittance is limited to self disciplined individuals by audition only. Persons will be placed according to experience and ability.

Dr. Bauer also hopes to make his music "open eyes and stretch ears." Then, only then, is one attuned to listening, he says.

When asked how he feels about the music of today, Dr. Bauer responded, "Music today is sensationalistic," having a very dynamic receptive range. Although Dr. Bauer appreciates such artists as Mozart and Mahler, he also sees the Beatles and John Denver as composers.

"The first concert will be a select group," Bauer said. From this select group he hopes to build in quality, and to then encompass a larger more involved group.

Performances on campus will be in the Convocation Center; in addition the group will travel locally. All performances are free, and the public is invited.

"There is so much music today," said Dr. Bauer, but learning and listening requires a great amount of discipline.

"No one listens," he observed.

"Listening is an active endeavor, not a passive endeavor."

Dr. Bauer invites all musicians interested in membership for the New Philharmonic to call: 858-2800, ext. 2369, or 2036. Students may also contact Dr. Bauer in N5-5.

It may not seem possible that anything this graceful and elegant could be a resident of the CD campus but it's true. The swan was seen gliding on the pond east of A Bldg. during one of the fine fall days this week.

—Photo by Mark Prezioso



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Faculty again seeks parking lot

The Faculty Senate has once again proposed a reserved faculty parking lot. The welfare committee is to come up with a suitable proposal not using present asphalt parking lots.

"They are to come up with more parking on the north side of A bldg., designated only for faculty," said Dr. John Oastler, Faculty Senate member.

Last year the proposal was voted down 7 to 6. The welfare committee said that "in the students' interest" the faculty should have reserved parking to get to their classes on time.

Other reasons include the chance of falls during the winter months, and the fact that some of the teachers are older, according to Oastler.

The Senate is divided on this subject, according to Oastler. It will be another month yet before the committee is due to report.

Park legally or pay for it

By Adele Richard

Oct. 9 will be the deadline for passing out warning traffic tickets, according to Elmer Rosin, head of security.

Starting Monday, Oct. 10, any tickets issued will have to be paid or a hold will be put on the student's records. Parking violation fines are \$1. Parking by fire lanes and moving violation tickets are \$3.

There also have been complaints from the management of Ramblewood and Raintree apartments, claiming students are using private parking lots. Both employees threaten to tow unauthorized vehicles away at the owner's expense.

Another complaint has been made by a home-owner who lives on Lambert Road. Because of heavy college traffic, it is difficult for Lambert Rd. residents to get out of their driveways.

Anyone for Frisbee?

CD has joined the ranks of Harvard and Yale with the formation of its own Frisbee Club.

If you're out for fun or perhaps some technical advice from experts, this club may be for you.

Frisbee in the winter? Don't be concerned with breaking your fingers in

temperatures 20 below zero or trying to throw a frisbee while wearing mittens. The proposed club is in the process of locating an indoor throwing arena.

Anyone interested in joining the Frisbee Club, or just plain curious about frisbees in general, may call David Parrent or Gordon Tompkinson at 858-3457.



Thank You!

for making the Coffeehouse grand opening a success!

Megan, Darryl, Dick, Tom, Kelly, Pat, Carol, Dianne, Rob, Ken, Jan, Debbie, Jean, Jeff, Ben, Anne, Ray, Barb, Jolene, Larry, Mark, Augie, Clarence, Sandy, Arch, Bill, S.A. staff, the Courier staff, and all of those too numerous to mention.

POM-PON SQUAD TRYOUTS

CLINICS: October 17, Room M-133

October 18, 19 Campus Center

TRYOUTS: October 20, Campus Center

Clinics and tryouts will begin at 7:30 p.m.

You must be a full-time student and attend at least one clinic to be eligible to tryout.

For further information call: 858-2800, ext. 2263.

New Student Activities adviser —

Ethridge tackles tours, trips, clubs

By Mary Yetkow

"You can go to a student concert, dance, or movie — that's fine," said new CD Student Activities Adviser Kelly Ethridge. "But when you help plan an activity, that's how you really learn."

Ethridge speaks with experience. While a student at University of Arizona, she volunteered to work on the Student Activities Program Board there. The following year, she was hired as activities adviser. After her graduation in June this year,

Ethridge came here to start organizing student activities-related events.

Why would anyone leave sunny Arizona to endure long Illinois winters? "The weather's beautiful, but there's nothing going on down there," Ethridge explains. "And

trips. Shopping around is an important part of the process if participation fees are to be kept low.

Travel-wise, Ethridge is looking forward to more trips in the Chicago area. "There's a interesting tour coming up," she said. "It's going to places you'd never normally visit in Chicago, like the site of the St. Valentine's Day Massacre and old gangster hideouts. Lots of people live here in the suburbs and never get to know Chicago very well." The student rate for the tour is \$1.50 — about the price of a one-way train ticket to Chicago, but the tour will go by bus."

In addition to planning the gangster tour, Ethridge is working on a Hawaii trip over Christmas vacation and a trip to Florida over spring break — possibly the Caribbean as well.

Ethridge also helps students form new clubs. This year, the Frisbee, Fashion Design, and Art Appreciation clubs are being formed. She assists clubs with planning meetings, events and raising money. "I'd kinda like to see someone form a Science-Fiction Club," she said. "I think there would be enough interest."

Right now, Ethridge is putting the finishing touches on a skiing weekend trip over Thanksgiving. "We'll leave the day after Thanksgiving so no one will have to miss a family celebration to go."

Ethridge plans to go on the trip herself, and try skiing, even though she's never seen snow.

After all, one only learns by planning.



Kelly Ethridge

besides, I've never seen snow."

Traveling is one of Ethridge's hobbies, however, and even though she may not have seen snow, she's seen England, the United States, attended school in Mexico for three months, and "eaten in Denny's from coast to coast!"

Some of her other hobbies include reading, political activities, and hiking.

Armed with know-how, a telephone, yellow ruled legal pads and a mountain of index cards, Ethridge tackles part of her new job — organizing tours and club

Plastics instructor Paul Fina also to coach CD gymnastics

By David Neutz

Delta College has welcomed a new instructor this fall. He is Paul E. Fina, Plastics Technology.

Fina is a native of Cleveland, Ohio. He received a B.S. degree from the University of Illinois, Champaign, majoring in Science and Chemistry. He later earned his

masters, also at Illinois, in Business Administration. For the past 11 years, he has been self-employed as a plastics consultant. Although Fina has lectured on occasion, this is the first teaching position he has held.

Fina is an official with the Gymnastics Federation. He has judged high school, college and international (Pan American Games) competition. He has no specialty; he judges all events. Fina will help coach the CD gymnastics team. His specific duties at this time are uncertain.

When asked his initial impression of CD, Fina said, "It's so darn progressive. I'm just amazed that a community college can offer and accomplish so much. The intimacy in the classroom is beyond what anyone would expect or even imagine."

Our new faculty member is active with the Kiwanis Club and the Great Books Foundation. He and his wife, Vera, live in Riverside. They have three children, two sons and a daughter.

Honor keys available now

Elinor McCarthy, English instructor in Psi, says those who have earned their Phi Theta Kappa keys may pick them up in the next week or two between noon and 1 p.m. in A3021B.

McCarthy also said the new officers for Phi Theta Kappa this year are: President, Judith Neher; Vice-president, Thomas Else; Secretary, Chester Szmurlo; Treasurer, Kathy Nank.

VETS CLUB MEETING

There will be a Veterans' Club meeting in K127 at 7 p.m. on October 12. This is an organizational meeting to discuss upcoming activities. For more information call College of DuPage Veteran's Affairs at 858-2800, ext. 2204 or come by at K136.

Trouble with spelling?

Students-Do you want help in catching spelling errors in papers before they are typed? If so, call: Laura Reichmiller 629-1705.



Paul Fina

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Toughguy Graphics

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Did you read about AURELIO'S PIZZA in the June 17, 1977 CHICAGO TRIBUNE?

"Pizza of olympian taste and proportions"

— Mary Daniel

Now, DuPage County has its own AURELIO'S PIZZA in the

Oakbrook Square Shopping Center, 17W711 Roosevelt Road
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HOURS: Tuesday through Thursday — 4 PM to 12:30 AM
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Sunday — 4 PM to Midnight
We rest on Monday

BRING THIS AD IN FOR \$1.00 OFF ANY \$5.00 FOOD PURCHASE -- THURSDAYS ONLY.

For carryouts — 629-3200

THE FAMILY PIZZERIA

Student-Parent Co-Op is more than child's play, but it's just as much fun

By Betsy Bliss

Many rooms in K Bldg. buzz with administration business, computers, the chatter of students or the drone of the television set in the Campus Center.

On the other hand, near K137 and K139A, a passerby can hear the excited play of children's voices filtering through the closed doors. For the past five years this has been the location of the Student Parent Co-Op.

"I like it here," says 3-year-old Nellie. "I get to make new friends and I can play, too." Her playmate Michelle, 4½, says the same thing as she and Nellie take turns showing how they have mastered the art of using the hula-hoop.

To Nellie, Michelle and other preschoolers age three to five, attending Co-Op is like going to school, but a lot more fun.

"My son loves it," says one happy student mother. "He thinks it's HIS school. I think it's great to have your child with you while you're at school."

Many student parents echo this opinion and Val Burke, college health nurse and Co-Op-administration go-between, likes to tell the story of one little boy who insisted he wanted his mother to buy him a lunchbox to bring with him.

"It's probably the hardest job on campus," Burke says in discussing supervision of children in an unstructured educational environment. Student volunteers, coordinators and some of 53 mothers are on hand at scheduled times to watch over the children from 7:45 a.m. to 4:30 p.m.

"Scheduling is hard to do," comments Georgia Sahs, co-chairman of the board of directors for Co-Op. "We try to work it so that there is one parent for every five children plus one coordinator."

Sahs, who has one child attending Co-Op, does the shopping for snacks for the pre-schoolers and puts in three nights and 10 hours a week at Co-Op.

"It's really like a club, though," she said. "It's given me the chance to meet other parents who are in the same situation I am and have the same problems I do. I probably wouldn't be here if it weren't for Co-Op."

Like Sahs, many of the parents involved with Co-Op had thought that their college days were over when they were married. Those who wanted or needed to go back to school found it hard because they had children who weren't eligible for school yet. Deciding what to do with their children posed a serious problem. Many of these parents tell the often heard plight of the difficulty in finding a babysitter or the costly expense of enrolling their child in a nursery school.

"Co-Op offers flexibility and involvement for both the parent and the child," comments Vicki Pearson, treasurer. "The child is in a home-like atmosphere. They can generally do whatever they want and still have the supervision of a parent."

Burke maintains that this is the basic philosophy of the Child Care Development Center. "It emphasizes the importance of play where the child may learn self-reliance, responsibility and self-understanding."

"There is no structured education at Co-Op," adds Sahs, "but they learn how to interact with other children. They do learn some things though through playing and by making anything they want with the art supplies available."

"Visitors such as firemen give up some of their free time to talk to the children and they are always welcome. Occasionally we even take out some movies from the LRC and show them on one of the walls. This is the biggest turn out that we've ever had and there is almost every nationality represented here."

The Co-Op rooms are filled with toys, art supplies, books for storytelling and tables and chairs for snacktime. The playground, which was built by one of the fathers, is located on the west side of the building and contains swings, tires and a rabbit hutch for what is possibly the fattest rabbit in DuPage County.

According to Burke, Co-Op was the goal of a new student body president five years ago. With the support and backing of the Dean of Students, the college health nurse, and student parents, it was approved by the Board of Trustees on a trial basis. Registration was held on a first-come, first-served basis.

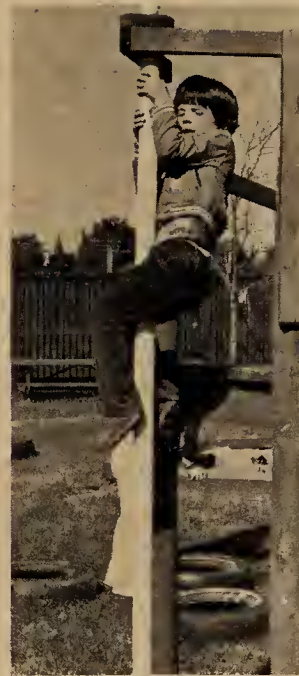
Co-Op was an immediate success. Its reputation is so widespread that other colleges have used it as a model for organizing a program of their own. Even companies such as the McDonald Corp. have invested their time and money to help build up the Co-Op.

Co-Op now boasts a written constitution, an elected board of directors and a published newsletter. All this is done under the supervision of the administration of the Dean of Students and the college health nurse.

"Without the parent board, Co-Op could not function," Burke acknowledges.



Photos by
**Maureen Murrin
and
Luke Buffenmyer**



The action is almost nonstop at CD's Student-Parent Co-Op. If it isn't climbing, it's sliding, or jumping, or drawing or reading, or dancing, or eating, as the panel of photos on the left illustrates. In the photo above, Courier photographer Maureen Murrin has her picture snapped by an aspiring youngster. Below, a group of pre-schoolers share some sandbox time with one of the Co-Op helpers. And finally, in the center bottom photo, the ultimate in concentration. When it's time to play with cars, such considerations as whether your pants stay up don't seem important at all.





(Editorial opinions do not necessarily represent the views of the staff or the College of DuPage.)

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Teachers have it so rough

The Faculty Senate has told their welfare Committee to come up with a suitable proposal for a faculty parking lot. They don't want one of the existing asphalt parking lots. The committee is to come up with a plan for more parking on the north side of A bldg. designated for faculty only.

The reasons are varied and weak.

One reason is the fact that some of the teachers are older people. Now, although the average age of a CD student is younger than that of the teachers, there are still many older students attending CD.

Teachers must also be to class on time. Students don't? If a teacher really believes that it is so much more important for him to be on time rather than his students, he will soon learn he is wrong when half of his students are ten minutes late.

Another weak reason is that the teachers are afraid of having serious falls in the

winter snow and ice? And I'm not? Every student must face this hazard. After you've fallen in the gravel parking lot in the middle of the winter and all your papers whirl around you, you'll be afraid too.

More believable reasons to the students are that of delays, conveniences, and privileges to the teachers.

If you've ever driven in the Yorktown parking lots—you'll notice that the employees of the stores park in the boonies in order to let the paying customers get the closer places. It's part of their job. They're paid for going to the store.

However, at CD, the teachers are usually the first ones here to prepare their classes, so they get the closest parking places.

What are they complaining about?

—Jolene Westendorf

Work World

Herb Rinehart



In many cases in order to get an interview for a good entry level position, the following steps are often required:

1. identify an employer with available job (which is not an easy task)
2. develop a resume and a cover letter
3. find out to whom the resume should be sent
4. send the resume
5. hope . . . they decide to send you an application
6. if yes, fill out the application and send it back
7. hope . . . they call you in for an interview

Sound difficult? We have an easy solution to the seven step headache. Early in the summer the Career Planning and Placement Office invites a large number of employers throughout the greater DuPage County area to participate in our campus recruiting program.

Employers who project upcoming openings are instructed to contact the Career Planning and Placement Office. We then arrange for a mutually acceptable time and date. These times and dates are always arranged for days when school is in session with the hours being arranged somewhere between 8:30 a.m. and 5 p.m.

Besides arranging the time and date, we also request other information which is very valuable to the job hunter. We find out exactly what jobs are being offered so there is no guessing game on the part of the job hunter. We get the employment interviewers name so the job hunter can greet him or her by name. We request that the employer forward some company literature so the job hunter can do his homework before the employment interview. Lastly we provide a sign-up sheet which only needs to be signed by you in order to get an interview.

Not only do you avoid the seven-step headache by signing up for on-campus interviews, but you are also supplied with the other valuable information.

Make job hunting easier on yourself, use the Career Planning and Placement Office and sign up for campus interviews. You can find out who is coming . . . when . . . and for what . . . by looking in the Courier, Job Opp Bulletin or in the Career Planning and Placement Office, J123.

November's business recruiters are:

Nov. 10 — Hweitt Associates
Nov. 15 — Wendy City Corporation, Management Training Program.
Nov. 23 — Dun and Bradstreet, Inc.

Last week's foul-up follow-up

It is Courier policy that all editorials must be signed. But somehow my name got cut off when the column was at the printers last week. Sorry about that.

Yes, I do take my own advice. I wrote letters to my Senator and each of my three representatives stating my views on the pending legislation mentioned in my editorial of last week.

I received a letter this week from one of them, Speaker of the House William Redmond. He acknowledged my letter, and tried to sway me towards his thinking on the crime legislation.

I'm writing him back to tell him I'm familiar with both packages, and restating my view.

But the point is this — they do pay attention to clearly and carefully worded letters.

You can write your legislators at their offices in the State Capitol Building, Springfield, IL, 62706.

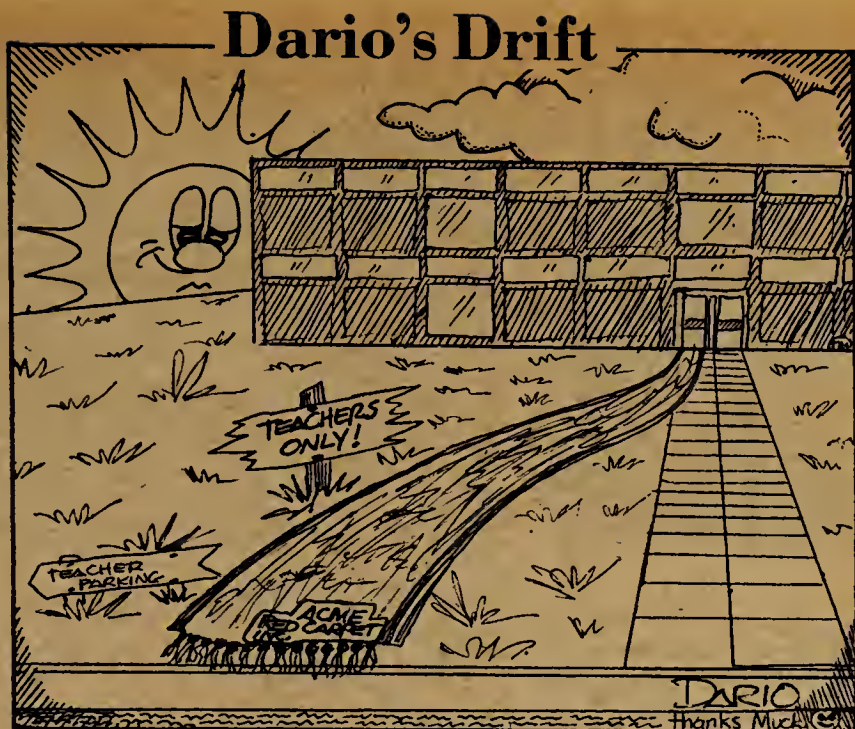
—JoAnn Westrate

To the Editor:

Why is there all this gossip that Dr. Rodney Berg improperly used school funds to wine and dine visitors. If having a visitor feast in many of the fine restaurants in the area helps give a more positive attitude of our school to the visitor then I'm all for it. Besides, if you were President of CD, wouldn't you do the same? Yes, I for one, am very proud, even honored, to pay my tuition money to a school which allows its President and his guests to wine and dine "on the house."

—Ed Carder

P.S. Rod, I'm free Thursday, the Flame would be fine.



You've got no one to blame

We have Women's Lib, Gay Lib, Gray Lib, and other efforts to create legislation for groups that have long known discrimination. Groups in profusion. And sometimes confusion. Often viciferous and cantankerous.

But the only real liberation comes from within each individual.

Sure all of us need help, outside help from other people, groups, ordinances, laws. But the most farseeing and enlightened society in history would do no good if the individual is snarled in prohibiting and inhibiting hang-ups.

Freedom isn't easy.

It isn't easy to get free. It isn't easy to be free. Freedom takes the courage to face reality within and without. Freedom brings with it inevitable obligations. One of the most liberating truths I have ever learned is also one of the most scary.

I and I alone am responsible for my feelings.

If I accept the premise that I am responsible for my feelings, I can no longer blame anyone else for making me feel this or making me do that. I can only blame myself for over-reacting.

Someone or something may trigger a feeling. But what I do with that feeling is entirely up to me. I can repress it and let

it simmer till it boils over at some later stimulus. I can explode and let the shrapnel ignite reactions in others.

Or I can accept the feeling. I can say, "I feel angry. I feel like crying. I feel bitchy. I feel like smashing his face in." I can look at it closely, determine what caused it, start dealing with the cause. And it won't be quite so painful in the future. To me or those around me.

And I go through this process with each reaction over and over. Until I suddenly realize a former trigger simply doesn't affect me anymore! I don't get steamed in a traffic jam. I don't shrivel as much over a put-down — I have "room" to realize the critic has problems, too. And maybe even figure out where he's coming from. And that's freedom!

But did I say we can't blame anyone else anymore? Ouch!

When I can accept my feelings, I can accept myself. And then I can accept others. Right where they are. Faults, hang-ups and all. Resentments and frustrations fade.

Our attitudes and our actions spring from our feelings. So it behooves us to get them in focus, realize there's nothing wrong with any feeling.

—JoAnn Westrate

Letters to the Editor

To the editor:

I am currently a student at Illinois State University in Normal, but I spent the past week here at CD. I attended classes with a friend and made many observations. All were favorable except one.

It is obvious, even to an "outsider," that it would be terrible for one to have to walk from A building to either J, K, L, M or N building on a foul-weathered day. I have heard that there has previously been some sort of proposal as to the implementation of a shuttle bus service. I think that it is a good idea for these reasons:

First, with the crisis era upon us, the stress is on conservation everywhere. The shuttle-bus service would save the many CD students and instructors who drive from building to building more than just gas. They could also avoid the continual aggravation of finding empty parking spots. So in this respect, the shuttle could help all conserve on ulcers.

Second, the funding could be accomplished very simply and with a minimal cost borne by those who drive to classes. I have noticed that there is no charge to park at CD. A small fee, such as two or three dollars (per car, per quarter) for a parking decal would surely cover the costs of administrating such a measure. It would also provide sufficient revenue to operate the bus.

Anyone can see that it would be to his (or her) advantage to ride the shuttle; the gas and the aggravation saved for an entire quarter (especially winter) would definitely be worth two or three dollars.

Mike Muckian

Dear Editor:

Regarding JoAnn Westrate's recent article concerning the Hyde Amendment:

There are thousands of taxpayers who resent their money being used to infect

death upon the innocent. Have we nothing better to offer the poor? There was a man some 30-odd years ago who believed society could solve its ills by exterminating what he considered its problem people. I believe that most Americans find his idea despicable.

Isn't that what Sen. Percy's doing when he not only pits a child's life against dollars and cents but compounds the interest as well? Where will it end? With the old? The disabled veteran?

They all cost us money, but I thought our government was based on the protection of all its people. Ideas such as the one proposed by Percy and your article are embarrassing even to many staunch prohibitionists.

Yes, poor people need help. Let's give them some that's positive and constructive. Let's give them education and jobs. And to save the taxpayers more money, let's crack down on the quack doctors that are getting rich on charges for phony medical procedures performed on the poor and billed to us!

The Hyde Amendment provides that the taxpayers not be required to pay for abortion except to save the life of the mother.

This is Respect Life Month — let's get some!

Sincerely,
Sharon G. Kazale

To the Editor:

A note of thanks to Delta College Information Center Rm. 1028 for not letting me use your phone. Thank you Student Gov't. for giving me a wrong schedule of the Book Exchange hours, and thank you Book exchange for letting me buy my books this quarter.

Michael Tristano



Coordinator of psychology Bill Murchison explains the psychogalvanometer to Psi secretary Kathy Gansberg. The machine is acutely sensitive to temperature changes in the skin.

In the new Biofeedback lab on the third floor of A bldg., Gansberg begins to relax while hooked up to the temperature trainer. By controlling his brain waves, a person may learn to raise and lower his body temperature.

Technician Diane DiOrio attaches EEG electrodes to CD student Judy Jablonski. When the lab is fully equipped, there will be 13 to 15 units which can provide information about a person's biological processes.

—Photo by Mark Prezioso

Biofeedback opens shop in A Bldg.—

How to control your brain waves and ease stress, too

By JoAnn Westrate

"Until recent years, nearly all the formal emphasis (of the scientific psychologist) concerning the control of emotion and behavior has been on external means of control... not within the individual himself," according to Bill Murchison, coordinator of psychology.

"More and more, however, our research is demonstrating that we will have to modify our previous assumptions," Murchison said, "since we are finding that we can voluntarily change what was previously felt to be 'involuntary' processes."

It sound like something from the cult of "ESP." But it isn't. It is called biofeedback.

"We find that biofeedback is a most efficient means by which to carry out this process," Murchison said.

"The most common illustration of a 'feedback machine' is your furnace's thermostat," Murchison said. "As the heat in your living room reaches the appropriate (or optional) temperature, the thermostat 'feeds back' this information to the furnace which then shuts down until the environment in the living room cools down to the point where information is again fed back to start up the furnace again."

"We have known for some time of the many biological feedback systems within our bodies."

"Biofeedback means giving a person immediate ongoing information about his/her own biological processes," Murchison said, "such as heart behavior, temperature, brain waves, blood pressure, muscular tension and so forth."

"This information may be fed

back by a needle on a meter, by a sound, by a light, or by allowing the person to watch his/her physiological record as it emerges from monitoring equipment providing a written record."

"It follows then," Murchison continued, "that biofeedback training is the use of information (from self or an instructor/trainer) to voluntarily change or control the specific processes or responses being fed-back."

Our brain, our muscles, our nervous system are run by electricity. Various impulses of electricity — waves, if you will — are present during various stages of consciousness. The waves are measured in cycles per second. Each cycle is called a hertz or "hz."

Beta waves, the waking state, has 13-25 hz, Murchison said. Alpha, a relaxed state of awareness, has 9-13 hz. Theta, a deep reverie state of drowsiness, has 5-7 hz. Delta, sound sleep, has 1-4 hz.

Biofeedback trains the patient to control the brain waves while in the Alpha and Theta stages of consciousness.

The new biofeedback lab, on the third floor of A bldg., has several fascinating machines, including a psychogalvanometer which is acutely sensitive to temperature changes in the skin, a temperature trainer which helps the person in therapy learn to control his brain waves and raise or lower his body heat (honest!) and two electroencephalographs (EEG).

Each EEG is a complete 8-channel unit which can measure the four lobes of the brain and the Rapid-Eye-Movement (REM) or non-REM states of the sleeping patient. They can also measure muscular tension, or any other brain wave function.

Another EEG, an electromyograph (EMG) which measures "critically the slightest muscular tension in any part of the body" and temperature monitors were due two weeks ago, but have yet to arrive.

In the meantime, the Biofeedback lab is what Murchison calls "poor-boying it."

The lab is located in one of the cubicles in A bldg., containing the three niches which usually serve as offices for instructors.

When all equipment has arrived, they expect to have 13-15 units in this cubicle: three in each of the niches, two in a screened-off area near the window, and the two EEG units already in place.

This doesn't leave much room

for moving around for patients and therapists.

Kathy Gansberg, a secretary in Psi college, had her first session on the temperature trainer. She proved an exceptionally adept patient.

An electrode was taped to a finger on her right hand, and Murchison adjusted the dial on the trainer to zero. The trainer picks up the slightest changes in the temperature of the body.

When the temperature goes down, the patient is not relaxed. When the patient relaxes the blood goes to the periphery of the brain and the temperature rises. The dial indicates from zero to minus or plus 2.5 degrees.

To aid Kathy in relaxing, Murchison said autogenic (self-generating) phrases such as: I feel quite quiet; I am beginning to feel quite relaxed; my feet feel heavy and relaxed; my ankles feel heavy and relaxed; and so on up through the entire body.

This is not a hypnotic process where the patient is "programmed" while in an unconscious state. The patient is conscious, aware, and taught to control his own functions, rather than be controlled.

Then Murchison "reactivated" Kathy by using such phrases as: I feel life return; I feel energy in me; I feel life and energy flowing through my feet/legs/hips and so on. And the needle showed Kathy's body heat getting lower as she became less relaxed.

This is the method used to help a patient "cure" migraine headaches. It has been shown that "many migraine symptoms appear to result from vascular dysfunction in the head due to too much dilation of the scalp arteries (so that each pulse becomes a wave of pain)," Murchison said. Data has indicated that "vasodilation in the scalp was associated with vaso-constriction in the hands."

The blood flow to the hands is increased by heat, and the constriction is eased. The lessening of

temperature in the brain constricts the blood vessels, and inhibits the blood flow, and thus eases the pain.

Diane DiOrio, a CD student, and an EEG technician with the Glen Ellyn Clinic, operates the EEG's in the lab. She is teaching Murchison how to operate the machine, and he is teaching her the other biofeedback techniques. A fair trade, they say.

"One of the encouraging things about the Biofeedback Program at CD is that it has been brought about through the joint efforts of students, Central Administration, counselors, and psychologists," Murchison said.

Murchison and Dr. Robert Seaton, director of Planning and Development, have been designing this program for approximately four years.

Tom Lindblade, Sigma counselor, thought of involving the students through the Student Activities Advisory Board (SAAB) funding for the original equipment purchase. This brings student funds "into a project which will further their own learning experience while at CD," Murchison said.

Anyone interested in biofeedback can send his name and address to the Psi college office, A2010. They will receive an up-to-date newsletter, a statement of ethics, and a two-page questionnaire.

During the winter quarter, an auto-tutorial program of five credit hours will be offered. The mental and physical aspects — "the psycho-physiology of stress — that's the key phrase," says Murchison, are studied, as is the application of biofeedback as a stress preventer.

The student can be on a pass/fail or grade system, and will receive over \$550 worth of hours on the lab equipment free.

There will be both day and night sessions: daily Monday through Friday 9 a.m.-9:50 a.m. and 7 p.m.-9:29 p.m. Monday and Wednesday evenings.

"Hello ain't a four-letter word"

"Hello Ain't a Four-letter Word — Engineering In Your Telephone" will be the topic of a lecture at 10 a.m. Friday, Oct. 7 in A1017, sponsored by the Engineering Club.

The speaker will be Dr. Don White from the Physical Design Department of Bell Laboratories' Indian Hill Facility.

Dr. White has mechanical engineering degrees from Montana

State University and University of Washington, with a Ph.D. from Oregon State University. He worked for several years with General Electric and Battelle Research at the atomic power facility in Hanford, Wash. before coming to Indian Hill in 1970. At Indian Hill, he has been responsible for designing and developing special purpose machinery for electronic switching equipment.

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CABANA BERRY

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CHERYL LETTERMAN

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By Mark Prezioso and Dan Faust

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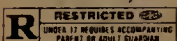
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Raku course opens Oct. 14

A seven-week Raku Workshop will begin Oct. 14 in K-133 on Fridays from 1 p.m. to 4 p.m. It will not meet Nov. 11 or 25, but will be continued Dec. 2 and 9.

The workshop will incorporate special low fire ceramic glazing processes similar to those developed in Japan a few hundred years ago. Japanese raku ware was, and is, made today for use in the tea ceremony. Cracked glazes with fire flashing and iridescent metallic lustres are typical and characteristic results of raku glazing.

Kris Nelson will be the instructor. Nelson has worked with George Timock at the Kansas City Art Institute. Timock is well known for very large raku sculptures. Kris Nelson has set up his own studio in Pentwater, Mich., during the last two summers and lived

entirely from the sale of his pottery.

The workshop will be limited to 10 students. Class tuition is \$25. Materials needed will cost approximately \$10. Prerequisites are Ceramics 241 or 242 and anyone now taking 241 or 242 is eligible.

RAILROADER TO SPEAK

The Engineering Club will present Don Merrill, regional engineer of the Burlington-Northern Railroad, speaking on the LaGrange derailment clean-up.

The lecture will be Friday, Oct. 21, at noon in A1017. Merrill was on the site of the derailment for 36 continuous hours during the main effort of the clean-up, which cleared the pileup and rebuilt three bridges in only four days.

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BALLET TICKETS

Tickets for the Oct. 22 performance of the Israel Ballet will be on sale in the box office starting Oct. 17. Ten tickets for Dress Circle will be sold for \$6, and 15 tickets for Lower Balcony, Middle will be sold for \$4 each.

Hold first gymnastics meeting

New gymnastics coaches Paul Fina and Jim Gornall held their first team meeting for prospective gymnasts last Tuesday. Fina and Gornall are replacing Dave Webster, who left gymnastics to devote full time to the tennis program.

Fina, who teaches plastics technology, will hold the title of technical coach. He'll be responsible for teaching skills, spotting, and actual coaching of the athletes.

Fina's background in gymnastics reaches from administrative positions in various gymnastics associations, to judging, to actual competition.

As well as being an internationally rated judge, Fina is a member of the board of trustees of the United States Gymnastics Association. He is also a past president of the Mid-west Gymnastics Association.

Fina is a former NCAA all-around champion.

Gornall, who hails from Boston, Mass., is a student at the National Chiropractic College in Lombard.

During his collegiate gymnastics career at the University of New Hampshire, Gornall was the New England gymnastics champion for three years running.

While a competitive gymnast, Gornall was involved in international competition in Canada and France.

The first official practice for the College of DuPage gymnastics team will be at 2 p.m. on Oct. 17.



Gary Swanson

Here are some samples of the trivia that has hit my desk and thoughts that have tried to penetrate my head during the past week:

Although I was not able to attend last Thursday night's CD football game at Kennedy-King, I find it hard to believe that the same team that so methodically destroyed Wright could have broken down so.

Head Coach Bob MacDougall ruled the breakdown in execution in the fourth quarter a "team effort". Fumbles, ill-timed penalties, and a punt that netted zero yards all gave the Statesmen the help they needed to overcome a 14 point deficit in the fourth quarter.

However, there really doesn't appear to be any cause for alarm. I've seen enough of this team to feel confident that they can make a much better showing against Harper this weekend.

Speaking of last Thursday night, Robert Blake, station manager of WDCB-FM, indicated satisfaction with the job turned in by Tom Thomas and Jim Williams.

Thomas and Williams handled the play-by-play of the game.

If any of you feel the inclination to write a letter to the sports editor, be my guest. I'd like to run "letters" every so often during the year.

So if there's anything that you'd like to get off your chest sports-wise, drop off a line here at the Courier barn.

By the way, you needn't feel that you'd have to limit yourself to College of DuPage related events. If you want to react to an event such as last Sunday's Chicago Bear disaster or how Philadelphia is going to destroy the Dodgers this week, feel free.

Any letters sent in will be subject to editing for length or gutter language.

Last but not least, intramurals will be starting soon. Anyone who is interested in participating should contact Sevan Sarkisian at the gym.

Golfers place fourth at Harper meet

In golf, where the match is played does make a difference.

Last week, Joliet won the first North Central Community College Conference golf match at Glenbrook Country Club, which is Triton's home course.

But on Tuesday, Sept. 27, the seven N4C schools played at Hilldale Country Club in Hoffman Estates, the home course of Harper College. Joliet fell to fifth place, as Harper used its home course advantage to win by seven strokes over second place Triton.

DuPage finished fourth as a team, three strokes ahead of Joliet. "It was cloudy and windy," was

DuPage coach Herb Salberg's explanation for the higher scores. Only seven players of the 34 in competition finished with scores under 80.

Mark Pekarek led DuPage with an 80. Triton's Bill Reilly shot a 74 to lead all players. Harper's Larry Silvestri and Paul Moats had 76 and 78 to lead the Hawks.

Harper leads the North Central Community College golf standings with 10 points. Triton is second with nine, Joliet and Thornton are tied for third with eight points each. DuPage is fifth with five points.

Chaparrals lick wounds, prepare for test vs. Harper

By Larry LoVetere

After a heartbreaking overtime loss to Kennedy-King last Thursday night, a bigger and better challenge awaits the College of DuPage Chaparrals on Saturday.

The opponent is Harper College, who beat the Chaps last year 22-20. Coach Bob MacDougall commented, "This is a big game for us. This is a test to see how good a football team we are. They shut down Thornton, so it will be a challenge to our offense." Harper

shut out Thornton last week, 16-0.

They'll have their hands full, trying to stop Cleveland West, who has 574 yards rushing in 115 attempts.

That task will be made more difficult because of a fullback named Miguel Cortez. When interviewed on the Bob MacDougall show Thursday night, Cortez said, "My goal for the year is to help West gain 1,000 yards." Cortez is a solid blocker, and an example of a team man.

The Chaps themselves have good defense, holding the Kennedy-King offense to 90 rushing yards in 54 attempts. The Chaps will have to stop quarterback Jim Atkinson and running back Ricky Williams, two talented players on the Harper offense.

Against Kennedy-King, the Chaparrals had a 14-0 lead going into the fourth quarter. But a rash of mistakes allowed the Statesmen to score two touchdowns and a two-point conversion to send the game into overtime.

Both DuPage and Kennedy-King failed to score in the first overtime period. In the second overtime period the Statesmen, led by reserve quarterback Dareld Lipscomb, scored to pull off their first victory of the season.

Fullback Miguel Cortez scored both touchdowns for DuPage.

The game against Harper will be this Saturday at Glenbard South. Kick-off is scheduled for 1:30 p.m.

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DuPage wallops Lincoln Land, 7-1

by Pete Garvey

Soccer Coach Bill Pehrson thought his defense seemed a bit rusty in the past couple games. A 3-0 loss to Triton and a 4-2 loss to Indiana caused Pehrson to change around his backfield, putting a little beef into it.

The switches worked to a tee as the Chaparrals overcame a pesky first half and went on to blast an inexperienced Lincolnland squad, 7-1, in a home match last Friday.

Directly from the opening kickoff, the Chaps were putting heat on the Lincolnland net. Consecutive shots — via crisp passing — by George Mitrakos and Scott Dorney almost broke it open early. But LL goalie Jim Finn stood up to the first attacks.

Lincolnland's turn for the offensive went for naught. CD's defense stood tall and forced the play back up the pitch.

Rich Remedi's chip shot just barely missed and Steve Rapley was robbed on a nice save by LL's Finn.

Good passing and crosses were the rule rather than the exception. But when CD got close to the Lincolnland net, the two couldn't connect. Overpassing and soft shots squandered many of the Chap's scoring attempts. The ice had to break sometime and it finally chipped a little.

In the 29th minute, Dorney took a nice pass from Rapley and blasted on goal. The ball was stopped momentarily by Finn, but found its way through to the net and it was 1-0 CD.

The Chaparrals "new defense" made it look easy as Gary Baker, Jim Tomei, and Bob Jaeger repeatedly choked-off Lincolnland thrusts.

CD had another chance to increase its slim lead, but the "bend-but-never-break" defense of Lincolnland held tough.

The first half ended 1-0 Chaps, but one of the referees was heard to say that the match really could have gone either way.

As the second half started, it appeared that both teams were out to amend the sloppy ways of the first half.

Nick Ballios of Lincolnland repeatedly tested CD goaler Bill Andrews; likewise of the Chap's Scott Dorney on LL's Jim Finn. Neither could change the score.

CD's Kevin Murphy made two quick thrusts on net at the 12-minute mark, but both shots sailed barely wide.

The "bend-but-never-break" defense of finally got bent, then broken, then shattered.

Within a five minute range, the Chaparrals barreled five goals into the LL net, leaving goalie Jim Finn's head swimming.

The barrage started at 15:00 when Bill Duhm perfectly fed Steve Rapley, who parked his quick shot in the right hand corner.

One minute later, Gus Ploumidis got the first of his three goals. Matt Czubik assisted. Ploumidis' shot caromed off of the goalie and slid in.

At the 17th minute, Ploumidis struck again. This time Rapley fed Ploumidis with a nice cross pass right in front. All that was required was a tap-in.

CD blitzed again one minute later. George Mitrakos stole an errant Lincolnland pass and neatly put it by the bewildered Finn.

The Chaps made it 6-0 at the 19 minute mark. Matt Czubik fed Bill Duhm in front, and his shot also chipped off of Finn.

With a 6-0 gap, Coach Bill Pehrson began to clear the Chap's bench. The reserves did a great impression of the starters — by keeping pressure on the Lincolnland net.

Ruben Orgaz broke through twice; but was stopped by Finn.

Meanwhile at the other end, CD Goalie Bill Andrews made a couple of good saves on LL's Nick Ballios and Rick Barraza to keep himself awake.

More CD pressure paid off again as Jim Tomie wove his way upfield, then passing off to Orgaz. Ruben stormed in, his hard shot striking the righthand post and going in.

The Chap's defense lapsed at the wrong time. Vern Witkowsky hit the crossbar on the CD net. Then seconds later, Mike Smith spoiled Andrew's shutout bid on a header with just five minutes to play.

The Chap's put on some late pressure, but time ran out with the board reading CD 6, LL 7. Not bad for a team that's had a few offensive troubles.

Coach Pehrson explained the club's turnaround.

"They (LL) just stayed with us in the first half. I think that we could have had four goals. We just thought that these guys were too easy."



George Mitrakos of the college bears in on Lincoln Land goalie Jim Finn during last Thursday's rousing 7-1 Chap victory.

Captains lead DuPage to winning record

"Our captains have a tough load to carry, and we're fortunate to have two very good ones," DuPage volleyball coach June Grahn said.

In many sports, being captain is a position of designated leadership. In volleyball, the captains have much more responsibility than just team leadership.

Barb Dooley and Sue Hudson carry that added burden for the Duper volleyball team, which has a 5-3 record for the season and is undefeated against other community college teams.

"Captains must be expert in the rules of volleyball," Grahn said. "They are the only people allowed to speak with officials during a match. The coach is strictly forbidden to question officials during play about a call."

Dooley and Hudson have experience on their side.

A few years ago, Dooley was on the first team at Illinois State University. She plays setter, and Grahn calls her "our best all-around player" because she also spikes

well and plays good defense.

Dooley also played for a United States Volleyball Association team against top competition.

"Barb's experience sure helps," Grahn said. "She keeps her cool and is a steady player."

Hudson is the only returning player from last year's DuPage team.

"Sue is an excellent spiker and defensive player," Grahn said. "Her play is a big part of our multiple offense."

Hudson also plays basketball and softball at DuPage.

The multiple offense Grahn's team plays has three of the six players across the front line, with a setter in the middle and only two defensive players in the back line.

"The multiple offense puts pressure on our defensive players," Grahn said. "They literally have to divide the court in half. I think our front players can make the difference though, with more spikes in the middle of our opponent's side."

Traditional team set-ups have three back line players, a setter in the middle, and only two spikers up front.

With only Hudson returning and six freshmen on the team, Grahn's multiple offense didn't get going in the first two matches of the season. Both were losses to Carthage College and University of Wisconsin-Parkside.

The team bounced back with a win over conference rival Rock Valley. The Dupers won the first two games, 15-2 and 15-13, before a pair of 15-11 losses. DuPage came back to beat Rock Valley in the final match, 15-11. The other opponent of the day, North Central, beat DuPage for the first time in history, winning two of three matches.

On Sept. 27, the Dupers beat Kishwaukee 15-1, 15-4, and 15-4.

"Right now, we're not playing steady volleyball," Grahn said. "The freshmen should improve, though, and hopefully, we'll be more consistent."

Harriers struggle, finish seventh

Still struggling due to a lack in numbers of personnel, the College of DuPage cross-country team finished seventh out of eight teams at the Oakton Invitational last Saturday.

One ray of light in the otherwise dismal showing by the Chaparrals was sophomore Don Imhoff's fifth place finish.

DuPage's cross-country team has had a depth problem all season. At one point Coach Ron Ottoson had only five runners on his squad.

Some of Ottoson's problems have been eased in that regard this week. Mark Patun, a long distance runner from Downers Grove, came out for the team this week.

"I expect that Mark will join our top runners, once he gets into shape," said Ottoson. "He really is a distance runner, and that's what we need right now."

This Saturday, the team will go to Milwaukee Tech. for an invitational meet. Milwaukee Tech. won the Class AA division title at Oakton.



College of DuPage volleyball captains Barb Dooley and Sue Hudson take a break during a recent practice session. Photo by Mark Prezioso

Tennis squad downs Sauk Valley; still unbeaten

The College of DuPage women's tennis squad remained undefeated with a one-sided 7-1 victory over Sauk Valley last Thursday.

The victory by DuPage set the stage for today's showdown match against a very tough Joliet team. Joliet tied DuPage for the state title last season.

In the words of coach Dave Webster, "It should be our toughest test of the season."

The highlight of the match with Sauk Valley was freshman Sue Boldebeck's come from behind victory over Sauk's Brigett Geary. Geary was a state quarter finalist last season.

Boldebeck's scores were 6-7, 7-5, and 6-3. In the first set, Boldebeck lost a tough match on a tie-breaker. The loss upset enough that she quickly fell in the second set 4-0.

Coach Webster said that "we wanted to see just what kind of player she is." Webster got his wish as Boldebeck fought

back hard to take the second set.

Boldebeck, the team's No. 1 freshman and playing in the No. 1 singles slot, had a much easier time in the second set. She played a steady stroke-by-stroke game and simply wore down her opponent. At one point, Geary hit six consecutive into the net.

Though Webster's team is still undefeated at 6-0, he still enjoys the personal success of his players.

"I don't like to think that we build great teams as much as winning players," Webster said.

"Anyone can look good when they're ahead. It's the player who can come from behind who has real confidence. The confidence factor is very important in tennis."



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